

Strengths & Weaknesses

For each of the statements below, indicate if you agree or disagree.

	Agree	Disagree
I get on well with other people	[]	[]
I am a good communicator	[]	[]
I am a good listener	[]	[]
I set myself high standards	[]	[]
I achieve my objectives	[]	[]
I am productive	[]	[]
I am a diligent worker	[]	[]
I take time to relax	[]	[]
I manage my finances well	[]	[]
I take care of my health	[]	[]
I have no bad habits	[]	[]
I eat a sensible diet	[]	[]
I exercise regularly	[]	[]
I am optimistic	[]	[]
I do not suffer from mood swings	[]	[]
I have high self-esteem	[]	[]
I am confident	[]	[]
I am competent at what I do	[]	[]
I am usually happy	[]	[]
I am tidy and organised	[]	[]
I am punctual and reliable	[]	[]

STRENGTHS

- ❖ How can I use them to better advantage?
- ❖ How did they become strengths?
- ❖ How could I pass them on to others?

WEAKNESSES

- ❖ Are they really weaknesses?
- ❖ Do they hold you back from the life you desire?
- ❖ How are they significant in the way you live your life now?
- ❖ What would it take to turn each weakness into a strength?
- ❖ What further resources might you need (eg. more experience, education, forgiveness, help from others, more time, commitment)?